



WITHERNSEA PRIMARY SCHOOL

WHAT'S FOR LUNCH?

Week 1

Week Starting 18th October, ~ 1st,15th,29th November ~ 13th December, ~ 3rd,17th,31st January ~ 14th,28th February ~ 14th, 28th March

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Curry (7) served with vegetable rice & mini naan bread (2,4,7,13,14)</p> <p>~</p> <p>Vegetarian option - Vegetarian meatballs (13) served with tomato pasta (2,7), seasonal vegetables and homemade garlic bread (2,4,7,13,14)</p> <p>~</p> <p>Chocolate berry sponge cake (2,4,7,13) Served with custard (2,4,7,13,14)</p>	<p>Toad (1,2,9,13) in the hole (2,4,7) served with mashed potato (2,7,14) seasonal vegetables & gravy</p> <p>~</p> <p>Vegetarian option - Vegetarian toad (13) in the hole (2,4,7) served with mashed potato (2,7,14) seasonal vegetables & gravy</p> <p>~</p> <p>Wellington sponge cake (2,4,7,13) served with custard (2,4,7,13,14)</p>	<p>Homemade cheese (7) and tomato pizza (2,4,7,13) served with curly fries (2) and baked beans</p> <p>~</p> <p>Vegetarian option - as above</p> <p>~</p> <p>Fruit flapjack (2,7) served with custard (2,4,7,13,14)</p>	<p>Roast turkey, Yorkshire pudding (2,4,7) roast potatoes (14) seasonal vegetables & gravy</p> <p>~</p> <p>Vegetarian option - Vegetarian sausage (13) served with stuffing (2) roast potatoes (14) seasonal vegetables & gravy</p> <p>~</p> <p>Coconut jam slice (2,4,7)</p>	<p>Fish Fingers (2,5) & chips served with peas or beans, bread (2) & butter (7)</p> <p>~</p> <p>Vegetarian Option - Vegetable nuggets (2) served with chips, peas or beans, bread (2) & butter (7)</p> <p>~</p> <p>Cook's mixture of Friday treats (2,4,7,13,14)</p>
<p>Also available daily</p> <p>~</p> <p>Deli Bar (2,4,7,9)</p> <p>Homemade bread (2,4,7,13)</p> <p>Jacket potato with a choice of filling; beans, cheese (7) or tuna mayo (4,5,7,9)</p> <p>Assorted sandwiches in bread (13,2) or wrap (2): ham, cheese (7) or tuna mayo (4,5,7,9)</p> <p>~</p> <p>Desserts: Fresh fruit salad, yoghurt (7)</p> <p>Jelly, cheese (7) & crackers (2,7)</p> <p>~</p> <p>Drinks; Water, milk (7) or Juice (14)</p>			<p>Allergens</p> <p>1 Celery</p> <p>2 Cereals containing gluten</p> <p>3 Crustaceans</p> <p>4 Eggs</p> <p>5 Fish</p> <p>6 Lupin</p> <p>7 Milk</p> <p>8 Molluscs</p> <p>9 Mustard</p> <p>10 Nuts</p> <p>11 Peanuts</p> <p>12 Sesame seeds</p> <p>13 Soya</p> <p>14 Sulphites</p>	



WITHERNSEA PRIMARY SCHOOL

WHAT'S FOR LUNCH?

Week 2

Weeks starting 11th October ~ 8th, 22nd November ~ 6th December ~ 10th, 24th January ~ 7th February ~ 7th, 21st March ~ 4th April

Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs (2) served with tomato pasta (2,7), seasonal vegetables and homemade garlic bread (2,4,7,13,14)	Mince & Dumplings (2) served with mashed potato (2,7,14) carrots, broccoli & gravy	Spaghetti Bolognese served with garlic bread (2,4,7,13,14) pasta & seasonal vegetables	Roast Chicken, Yorkshire pudding (2,4,7) roast potatoes (14), seasonal vegetables & gravy	Fish Fingers (2,5,9) & chips served with peas, mushy peas or beans, bread (2) & butter (7)
~	~	~	~	~
Vegetarian option - Vegetarian meatballs (13) served with tomato pasta (2,7), seasonal vegetables and homemade garlic bread (2,4,7,13,14)	Vegetarian Option - Vegetable pie (2,4,7) served with mashed potato (2,7,14), carrots, broccoli & gravy	Vegetarian Option - Vegetable Lasagne (2,4,7) served with garlic bread (2,4,7,13,14) and seasonal vegetables	Vegetarian option - Vegetarian sausage (13) served with stuffing (2) roast potatoes (14) seasonal vegetables & gravy	Vegetarian Option- Vegetable nuggets (2) served with chips, peas or beans, bread (2) & butter (7)
~	~	~	~	~
Treacle Sponge (2,4,7,13) served with custard (2,4,7,13,14)	Chocolate shortcake (2,7,13) served with custard (2,4,7,13,14)	Raspberry swirl cake (2,4,7,13) served with custard (2,4,7,13,14)	Ice cream (7)	Cook's mixture of Friday treats (2,4,7,13,14)

<p>Also available daily</p> <p>~</p> <p>Deli Bar (2,4,7,9)</p> <p>Homemade bread (2,4,7,13)</p> <p>Jacket potato with a choice of filling; beans, cheese (7) or tuna mayo (4,5,7,9)</p> <p>Assorted sandwiches in bread (13,2) or wrap (2): ham, cheese (7) or tuna mayo (4,5,7,9)</p> <p>~</p> <p>Desserts: Fresh fruit salad, yoghurt (7)</p> <p>Jelly, cheese (7) & crackers (2,7)</p> <p>~</p> <p>Drinks; Water, milk (7) or Juice (14)</p>	<p>Allergens</p> <p>1 Celery</p> <p>2 Cereals containing gluten</p> <p>3 Crustaceans</p> <p>4 Eggs</p> <p>5 Fish</p> <p>6 Lupin</p> <p>7 Milk</p> <p>8 Molluscs</p> <p>9 Mustard</p> <p>10 Nuts</p> <p>11 Peanuts</p> <p>12 Sesame seeds</p> <p>13 Soya</p> <p>14 Sulphites</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

